Your health is in your hands.

HAND HYGIENE is the most effective way to prevent the spread of infectious diseases including respiratory illnesses such as:

- SARS
- INFLUENZA
- Colds
- AND OTHERS

WASH WITH SOAP AND WATER when hands are **visibly soiled**.

WASH WITH SOAP AND WATER OR WITH AN ALCOHOL-BASED HAND RUB OR GEL when hands are **not visibly soiled**.

ALWAYS:

- Wear gloves when contact with blood, mucous membranes, or non-intact skin could occur.
- Remove gloves after caring for a patient. Do **not** wear the same gloves with more than one patient.
- Wash hands after removing gloves.
- Keep natural nail tips less than ¼ inch long; avoid artificial fingernails when caring for patients.

Visit [www.cdc.gov/handhygiene](http://www.cdc.gov/handhygiene) for additional hand hygiene information.